

Shavasana in Mongolia

In 2014, filmmaker and Oregonian Ashley Michael Karitis traveled to Mongolia alone, for six weeks, and without a guide or language translator. She lived for 10 days with a traditional herding family in the Darkhad Valley and was immersed in the daily activities of nomadic life and culture. Ashley then traveled into the Taiga along the Russian border to live with a reindeer herding female shaman for 10 more days.

Sometimes an adventure, but often-steeped in quiet reflection, Ashley's journey was ultimately one that provided tremendous healing. Join Ashley as she presents her candid stories, vivid photographs and videos, and readings from her "Shavasana in Mongolia."



**Lucky Labrador
Brewing Company**
1945 NW Quimby St.
Tuesday, December 13

6:30 p.m. Social Hour

7:00 p.m. Volunteer Recognition

7:30 p.m. Program

Food and drink available \$

Upcoming programs
January 3–Himalayan Dreams
February 7–Canadian Rockies

www.onc-pdx.org

